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Monday, September 25, 2017 metro.us | t: MetroPhilly | f: MetroPhilly

NFL PLAYERS RESPOND TO TRUMP

Players respond with a political tone days after Trump's comments. 10

National Comic Book Day. 18

How hyperactivity can advance your career. 20

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KICK BALL

Sunday's Eagles victory over the Giants, on an improbable 61-yard field goal drilled by a rookie, has the Birds in first place. 22, 24

GETTY IMAGES

WELCOME TO METRO PHILLY

SAM NEWHOUSE, REPORTER

Philadelphia's Puerto Rican Community held its annual parade on Sunday, but the festivities were tinged with grief this year after their native island was battered by Hurricane Maria and left completely without power at some points during the storm. Community members and city officials are asking the public to come together to help pool resources that can provide aid to those most impacted by the storm. Read more about how you can help inside and on **MetroPhilly.us.**

OPPOSITION TO OBAMACARE REPEAL GROWS

A proposal by U.S. Republicans to repeal and replace the Obamacare health insurance program suffered serious new setbacks within the party, when Sen. Ted Cruz expressed his opposition and Sen. Susan Collins dug in with strong criticisms of the legislation. Phil Novack, a spokesman for Cruz, confirmed that the Republican senator said at an event in Texas: "Right now, they don't have my vote, and I don't think they have [Sen.] Mike Lee's vote, either." Politico reported that Cruz complained that the latest Obamacare repeal bill did not address his concerns about bringing down the costs of healthcare. Collins also appeared poised to oppose her party's latest replacement plan for the Affordable Care Act, former President Barack Obama's signature achievement.

PYONGYANG HOLDS ANTI-US RALLY

President Donald Trump dialed up the rhetoric against North Korea again over the weekend, warning the country's foreign minister that he and leader Kim Jong Un "won't be around much longer," as Pyongyang staged a major anti-U.S. rally. North Korea's Foreign Minister Ri Yong Ho told the United Nations General Assembly on Saturday that targeting the U.S. mainland with its rockets was inevitable after "Mr Evil President" Trump called Pyongyang's leader a "rocket man" on a suicide mission. "Just heard Foreign Minister of North Korea speak at U.N. If he echoes thoughts of Little Rocket Man, they won't be around much longer!" Trump said on Twitter. Trump and Kim have traded increasingly threatening and personal insults as Pyongyang races toward its goal of developing a nuclear-tipped missile.

5 THINGS YOU NEED TO KNOW

PROTEST IN PHILLY

3 At the start of the game protesters take a knee in support of the movement started by NFL quarterback Colin Kaepernick, outside Lincoln Financial Field on Sunday. *For more, see page 10.*

ANGELA MERKEL WINS FOURTH TERM

4 Chancellor Angela Merkel's conservatives secured a fourth consecutive term in office on Sunday in an election that brought a far-right party into the German parliament for the first time in more than half a century, exit polls indicated. After shock results last year, from Britain's vote to leave the European Union to the election of President Donald Trump, many look to Merkel to rally a bruised liberal Western order and lead a post-Brexit Europe. Merkel's conservative bloc - her Christian Democrats and their Bavarian allies, the Christian Social Union - won 32.5 percent of the vote, making them by far the largest parliamentary group, according to an exit poll for the broadcaster ARD. Their closest rivals, the center-left Social Democrats, slumped to 20.0 percent — a new post-war low.

US AIRSTRIKES KILL 17 ISIS MILITANTS IN LIBYA

5 U.S. airstrikes on an Islamic State desert camp in Libya killed 17 militants and destroyed three vehicles, the U.S. military said. U.S. Africa Command said in a statement that strikes on Friday targeted a camp 150 miles southeast of Sirte, a city that was once the Islamic State stronghold in Libya. The camp was used to move fighters in and out of Libya, plot attacks and store weapons, the statement said. "ISIS and al-Qaeda have taken advantage of ungoverned spaces in Libya to establish sanctuaries for plotting, inspiring and directing terror attacks," the statement said, using an acronym for Islamic State. The last known U.S. strike in Libya was on Jan. 19, a day before Trump's inauguration, when more than 80 Islamic State militants, some of whom were believed to be plotting attacks in Europe, died in U.S. airstrikes on camps outside Sirte.

POLLS

As the National Football League struggles to explain this season's downturn in viewer ratings, 34% of American adults say they are less likely to watch an NFL game because of the growing number of protests by players on the field.

34%

Source: Rasmussen Reports national telephone and online survey

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Puerto Ricans celebrate vibrant heritage despite effects of Maria

Puerto Rican Day in Philly was overshadowed by the recent devastating hurricane.

MICHAEL BUTLER
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As a sanctuary city, Philadelphia is home to many different cultural groups. To celebrate Puerto Rican pride and culture, the annual Puerto Rican Festival Parade is a joyful showcase of Puerto Rican and Hispanic traditions, music and more. With approximately 5,000 people in attendance on Sunday, the parade gave non-Hispanic attendees a glimpse of a vibrant group of people that enjoy classic sounds of salsa music and newer rhythms of reggaeton.

Unlike most years though, the 2017 edition of the Puerto Rican Festival Parade carried a more somber tone. In the wake of a brutal hurricane season that ravaged the Caribbean and some parts of the United States, the entire island of Puerto Rico has been left without power.

Mindful of current events, young Puerto Ricans like Joy Soto of Chi Upsilon Sigma Latin Sorority Inc. recognized the importance of representation. "We're a Latina-based sorority, but we're also very multicultural. We'll be performing today and are one of the first Latina-based sororities to step and stroll. It's important for us to be here because we've been here a lot in the past and we're coming back after a few years," she said.

"As a Philly native, it's important to continue the tradition of the Puerto Rican Day parade, especially after the tragedy that just happened last week. I know Concilio [The Council of Spanish Speaking Organizations, Inc.] is collecting money and collecting goods that will go directly to families in Puerto Rico that a lot of us still haven't heard about," Soto added.

For Wilmington, Delaware, resident Neph Tali, coming to Philly for the Puerto Rican parade was about supporting other Puerto Ricans and finding unity. "I brought my kids out here to support. Even though we're going through a tragedy in Puerto Rico with what's going on, we're celebrating our Puerto Rican heritage," Tali said.

"We're suffering from not hearing from our families in Puerto Rico, but being here with all of us together gives us a good feeling. Seeing the unity is awesome, and I hope that we will rebuild Puerto Rico. I'm pretty sure that we will. Something's coming soon," Tali added.

For photos of this year's parade, see page 12.

Approximately 5,000 people attended the Puerto Rican Parade. CHARLES MOSTOLLER

FAST FACTS

Quick facts about Puerto Ricans and Philadelphia

According to the 2010 U.S. census, Hispanics represent almost 12 percent of Philadelphia's population. Of that 12 percent, Puerto Ricans are the largest group and account for 8 percent of Philadelphia's overall population.

Puerto Rico's official languages are Spanish and English. As a U.S. territory, passports are not required for U.S. citizens to travel to Puerto Rico, making it a popular destination for American travelers.

Puerto Rico has a population of approximately 3.6 million people. MICHAEL BUTLER

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Building maintenance jobs are in demand

WRITTEN BY
Amy Smith

Have you ever had to replace a switch for the overhead lights in your kitchen? If you call an electrician, you can expect a bill to the tune of around $150—or you could cut out the middle man altogether and fix it yourself for about $4, assuming you have the skills to do so.

Whether you're looking to sharpen your home improvement skills or break into a career in property management, the Building Maintenance Training Program at Orleans Technical College is the ultimate jumping-off point. Here, you can get trained and ready to work in as little as six months, with no prior experience required. Learn the basics of carpentry, plumping, painting, electricity, air conditioning, dry wall and the other skills needed to maintain, renovate and service a variety of properties. This includes everything from apartment complexes and hotels to healthcare facilities and industrial properties.

"This program is really ideal for any homeowner who wants to learn more about their property so that they don't have to constantly hire contractors to do all the maintenance work," says Bill Madel, an instructor in the Building Maintenance Program. "A lot of students are also looking to buy and flip homes, so it makes sense for them to understand basic construction skills so they can do a lot of this work on their own."

Homeowners represent one piece of the puzzle; the other is made up of those eager to break into a lucrative and fulfilling new career. According to the U.S. Department of Labor, employment of general maintenance and repair workers is expected to grow 4 percent between 2014 and 2024.

"The skills taught in the program are so transferrable. We all live in houses that need repair and work in buildings that need maintenance," says Debbie Bello, Admissions Director at Orleans Tech. "They're not sending these jobs overseas; we need people all across this region to maintain and renovate commercial and residential properties. It's a job that's always going to be in demand."

Orleans Technical College, a post-secondary, nonprofit career school run by JEVS Human Services, bundles all the necessary skills into its Building Maintenance Program. The program, starting in October, can be completed through full-time day classes in as little as six months. Alternatively, students can also opt for part-time classes via a 13-month program. Both options lead to the same outcome—a diploma from a fully accredited school that has been teaching the trades for 43 years. At Orleans, the overall mission is to help people grow into their full potential, both professionally and personally.

"No matter which path you take, when you come here, you're fully focused on learning a trade," adds Bello. "If you like working with your hands, are driven to learn, and passionate about the field, the Building Maintenance Program was made for you. It's all about instilling the confidence needed to go out into the field and start getting paid for these in-demand skills."

Ready to jumpstart your building maintenance career? September 25 kicks off Walk In Week at the Orleans campus (2770 Red Lion Road, Northeast Philadelphia). Feel free to pop in any time, no appointment necessary, between 9 a.m. and 7 p.m. for a tour and to gather all the details you need to enroll in the Building Maintenance Program.

For more information, call 215-728-4733 or visit www.orleanstech.edu/building-maintenance today!

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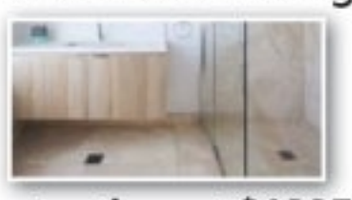

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Brandon Tate-Brown family dropping lawsuit against police over killing

A Philly mother has dropped her lawsuit against the police department over the death of her son.

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Brandon Tate-Brown's shooting by a rookie 15th District cop in 2014, just months after the nation erupted over the shooting in Ferguson, Missouri, led to a wave of protests around Philly but no official punishment for the officer involved.

Now Tate-Brown's mother, Tanya Brown-Dickerson, has decided to drop the lawsuit she filed against the police department over the shooting.

"No amount of money can be a substitute for Brandon's life," she said in a statement released through Asa Khalif, her cousin and a local Black Lives Matter activist. "No amount will relieve the physical and emotional pain I and my family endure every day. ... No amount of blood money can forgive the sins and corruption in the police department and DA's office, the injustice in Philadelphia's justice system."

Brown, 26, died after being shot by Officer Michael Carrelli, who along with his parent Heng Dang, pulled Brown over in the early morning hours of Dec. 15, 2014, on Frankford Avenue in Mayfair, and according to investigators, spotted a gun inside the car. Both had joined the force in May 2013.

Tate-Brown was caught on video after the stop scuffling with the officers across Frankford Avenue, then running back toward the vehicle before Carrelli shot him from behind.

Brown-Dickerson's lawsuit, which was withdrawn Sept. 13, combined a wrongful death claim seeking financial damages with demands that the police department implement all of the reforms, including training in areas like use of deadly force, that were recommended by the US Department of Justice after a review.

"I have to respect the rights of my client in this situation," said her attorney, Brian Mildenberg. "As a result of Ms. Brown-Dickerson's efforts, the Philadelphia Police Department was required to change the official story of the shooting of Brandon Tate-Brown to reflect that he was not reaching into the right passenger side of his vehicle for a gun when shot in the back of the head by a police officer, but was shot at the rear of the vehicle. It took the mother's legal action to bring forth those facts."

Former DA Seth Williams investigated the case but declined to prosecute, calling the shooting "a tragedy, not a crime." Carrelli and Dang were investigated by the Internal Affairs Department but eventually released back to full duty. Both are still listed as employed by the police department.

Khalif, who emerged as a prominent Philly activist in the aftermath of his cousin's shooting, a role he continues in today, had strong words after the legal decision.

"The city can keep their blood money," he said. "I want the pig cop arrested and charged for the murder of my cousin Brandon Tate-Brown."

Seen in March 2013, Brandon Tate-Brown's mother, Tanya Brown-Dickerson, and attorney Brian Mildenberg. CHARLES MOSTOLLER

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How to Reverse Type 2 Diabetes

WRITTEN BY
Amy Smith

Diabetes is a commonly diagnosed, and often inappropriately treated, illness that affects tens of millions of Americans. What's more, the American Diabetes Association reports that the total cost of diagnosed cases lands at $245 million annually. Type 2 diabetes, formerly known as adult onset diabetes, occurs when the body fails to use insulin as it should. And more often than not, a slew of oral medications are part of the treatment plan.

But what if there was a better way? What if you could treat—and even reverse—your Type 2 diabetes?

Functional Medicine is doing just that. This holistic health and wellness method concentrates on identifying the root cause of the disease, an approach that differs vastly from the medical mindset of simply treating the symptoms. This whole-body approach promotes strategies to support natural healing, with concentration on how the body can heal itself when given the proper tools and removing toxic interferences.

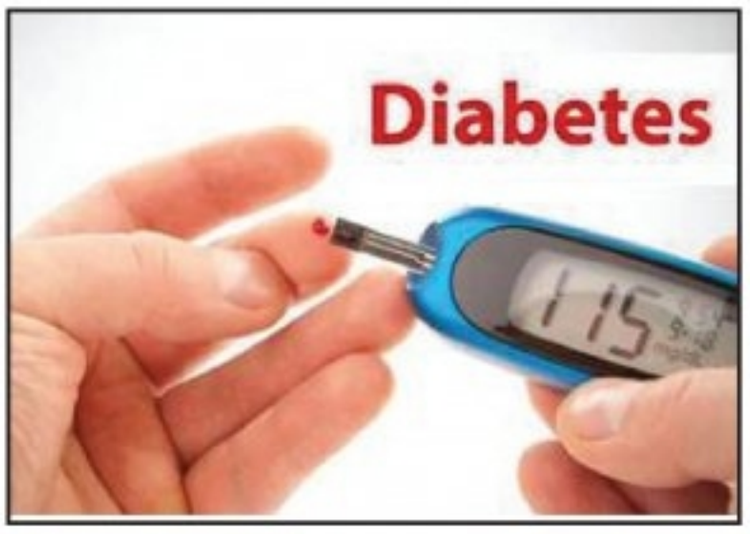
"Functional Medicine must be the future of our healthcare system," says Certified Functional Medicine Practitioner Dr. Rick Dunlap, founder of InSight Health & Wellness in Center City."As healthcare practitioners, we must seek out and address the cause(s) of a condition, and not merely chase after symptoms."

In that spirit, Dr. Dunlap is hosting a free, much-buzzed-about seminar on Thursday, September 28 called *Type 2 Diabetes - It CAN be REVERSED!* Here, he'll be sharing his expert insights and wisdom on how patients can use Functional Medicine to move past their diagnosis and into their best life. The event will be held at the Sofitel Hotel at 120 S.17th Street in Center City from 6:30 pm to 8:00 p.m.

Attendees are in for an engaging, interactive experience where Dr. Dunlap will discuss new treatment options to help reverse Type 2 diabetes. This includes shedding light on comprehensive testing, why the disease manifests in the first place, and the most effective courses of treatment. The goal? To inspire patients to take an active role in their own healthcare. The seminar has been designed specifically for patients who are ready to tackle the root causes of diabetes so that they can finally take their life back.

"At my seminar, you'll learn firsthand the multiple aspects of diabetes and, more importantly, gain an understanding of the possible causes of your issues," adds Dr. Dunlap.

The foundation of Functional Medicine is eradicating the main source of illness so that the treatment plan is cause-centered. This refreshing approach is a breath of fresh air when compared to traditional medicine's disease-centered focus.



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Buffalo Bills players kneel during the national anthem before an NFL game against the Denver Broncos on Sunday.
GETTY IMAGES

TRUMP'S AMERICA

KNEES ACROSS AMERICA

The president has doubled-down with his attacks aimed at kneeling NFL players.

ANALYSIS

ELLIS HENICAN
@henican

Sometimes, even the reddest meat goes rancid. Sometimes, even the cheapest political ploy can blow up in your hands.

So it was with Donald Trump's racially coded pandering this weekend against black professional athletes who chose to take a knee as the national anthem was played.

Trump launched his latest vulgar tirade in northern Alabama on Friday night: "Wouldn't you love to see one of these NFL owners, when somebody disrespects our flag, to say, 'Get that son of a bitch off the field right now. He is fired. He's fired.'" The athletes' silent protests, the president roared, are a "total disrespect of our heritage, a total disrespect of everything that we stand for."

"Our" heritage? Everything that "we" stand for? At a Republican rally in Alabama! If that's not racially divisive language, I don't know what is.

Trump followed up with a weekend-long Twitter storm. After disinviting the NBA's Golden State Warriors' Steph Curry from the White House, the president doubled-down against the football league: "If a player wants the privilege of making millions of dollars in the NFL, or other leagues, he or she should not be allowed to disrespect our Great American Flag (or Country) and should stand for the National Anthem. If not, YOU'RE FIRED. Find something else to do!"

"Privilege … disrespect … not be allowed … *our* flag." Yes, this was definitely the same president who blamed "many sides" for the white supremacist violence in Charlottesville.

Just because a player earns a lot of money means he forfeits his right to think, speak or kneel?

But here's the cheery part, the part that clearly caught the president by surprise: All Trump's hostility backfired on him. NFL Commissioner Roger Goodell called the president "divisive." Trump's good pal, Patriots owner Robert Kraft, said he was "deeply disappointed" in the president. The 32 team owners all stood firmly by their guys.

Even people who hated pro football were suddenly tuning in on Sunday, wondering how many other players would take a knee before the game. A bunch of "privileged" and "disrespectful" athletes had just shown the president what America actually means.

Metro columnist Ellis Henican is the best-selling author of a dozen books including the upcoming "Trumpitude: The Secret Confessions of Donald's Brain." He is on Twitter @henican.

"Total disrespect of our heritage, a total disrespect of everything that we stand for."
President Donald Trump

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NFL players respond to Donald Trump with anthem protests

Days after President Trump called for the firing of players who kneel during the national anthem, the NFL emerged with a political tone.

JOE PANTORNO
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What once was a silent form of protest performed by Colin Kaepernick to address police brutality, NFL players kneeling for the national anthem have taken on a whole new cause.

The league and Donald Trump are virtually at war after the president's comments over the past few days. And players around the NFL took action on Sunday.

At a rally on Friday night for Senator Luther Strange in Huntsville, AL, Trump got on the topic of players around the NFL kneeling for the anthem shortly after he rescinded an invitation to the White House for the 2017 NBA champion Golden State Warriors: "Wouldn't you love to see one of these NFL owners, when somebody disrespects our flag, to say, 'Get that son of a bitch off the field right now, out, he's fired,'" he said.

On Sunday morning, he doubled down on his comments, tweeting for fan support: "If NFL fans refuse to go to games until players stop disrespecting our Flag & Country, you will see change take place fast. Fire or suspend!"

Countless players fired right back on social media; including Green Bay Packers tight end Martellus Bennett tweeting that he was "OK with being fired for what I believe in."

Derek Barnett, Elijah Qualls and Vinny Curry of the Eagles link arms during the national anthem on Sept. 24, 2017. GETTY IMAGES

Plenty of owners also came forward, including New England Patriots owner and friend of Trump Robert Kraft, who admitted he was "deeply disappointed by the tone of the comments made by the President."

But the real rebuttal began at 9 a.m. ET with the Jacksonville Jaguars and Baltimore Ravens getting the Sunday portion of Week 3 in London, England. Members of both teams knelt or locked arms in a sign of unity, including Jaguars owner Shahid Khan.

In Chicago, Pittsburgh Steelers head coach Mike Tomlin alerted CBS that his team would not leave the locker room for pregame festivities, stating that "we're not going to play politics."

However left tackle Alejandro Villanueva, who served in the Army, stood near the tunnel with his hand over his heart.

Teams around the league followed suit by either standing with arms linked, displaying raised fists or kneeling.

> **"[I am] OK with being fired for what I believe in."**
>
> Martellus Bennett, on Twitter

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On Sunday, approximately 5,000 paradegoers celebrated the colorful heritage of Puerto Rico with a parade and took the event as an opportunity to raise money and draw attention to the island as it recovers from Hurricane Maria. The parade itself was a vibrant mixture of Puerto Rican pride, unique culture and infectious rhythms.

The Puerto Rican Festival Parade is a joyful showcase of Puerto Rican and Hispanic traditions. ALL PHOTOS CHARLES MOSTOLLER

In the wake of a brutal hurricane season that ravaged the Caribbean and some parts of the United States, the entire island of Puerto Rico has been left without power. Participants raised money to help the rebuilding process in Puerto Rico.

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A RUSSIAN HOAX? HARDLY...

TOM FOREMAN
Analysis

CNN's Tom Foreman is the author of the book "My Year of Running Dangerously."

The Spasskaya Tower in Moscow GETTY IMAGES

President Trump is not fond of shaking hands, claims his political rallies are always "yuge," and apparently believes he really won the popular vote despite overwhelming evidence to the contrary. And in that same iconoclastic way, he is once again raging about the "hoax" of Russian interference in the U.S. election. Oh sure, the FBI, the CIA and the NSA all say the Kremlin was leaning on the scales to help Trump and to hurt Hillary Clinton. And yes, plenty of independent intelligence analysts believe those assessments. Still, the president insists Clinton lost entirely because she ran a bad race and he ran a better one; the Russians had nothing to do with it.

But it looks like most Americans now think he's wrong.

A new CNN poll by SSRS found 54 percent of those surveyed believe "it's very or somewhat likely that … Russia-backed content on Facebook or other social media affected the 2016 presidential vote." As you might expect, the partisan divide is deep. Republicans are far, far more skeptical than Democrats. But independents tilt toward the Dems on this one, with 55 percent accepting the idea of Russian meddling. While "affected" is admittedly a vague word, the implication is clear: They don't believe claims that this is all some nefarious hoax against Donald Trump perpetrated by political opponents, the news media or anyone else … for example, Kim Jong Un.

To be clear, even the Democrats have a lot of doubts about whether any voters changed their minds about whom to back based on these shenanigans. Clinton thinks Team Trump was colluding with the Moscow crowd, but whether she would have won without Russian meddling is unknowable. Even if you could interview each of the 128,838,341 people who voted (take your time … I'll wait) they would all have to be honest about their motivations — and many would candidly not know why they finally voted as they did.

But grappling with and investigating the Russian activity is not about arguing, delegitimizing or litigating the past election. It is about securing the future of our electoral process. And whether the president agrees or not, most of us think that means looking very closely at how the Russians got in — and how we can keep them out.

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Pablo Escobar's brother orders Netflix not to shoot series in Colombia after 'Narcos' murder

Pablo Escobar's brother, Robert De Jesus Escobar Gaviria, has issued an ominous warning to Netflix, telling the company to keep out of Colombia because it is too dangerous.

The 71-year-old made these comments in the wake of the death of Carlos Munoz Portal, a location manager that was looking for places to shoot the upcoming new season of "Narcos." After being asked whether Colombia and Mexico were too dangerous for Hollywood to use as locations, Gaviria insisted that studios should only make content about him or his brother after their request is granted by Escobar Inc.

"I don't want Netflix or any other film production company to film any movies in Medellin or Colombia that relates to me or my brother, Pablo, without authorization from Escobar Inc. It is very dangerous. Especially without our blessing. This is my country," he declared.

Netflix chronicles the rise of the cocaine trade in Colombia and the gripping real-life stories of drug kingpins of the late '80s in "Narcos." NETFLIX

The Hollywood Reporter also asked Gaviria what precautions and extra security measures "Narcos" could implement to keep their crew safe, to which he responded, "You have to eliminate all threats. When I was walking in the jungle one day, I had a bag with $2 million in $100 bills. The army was searching for me and Pablo at this time. Suddenly, we are being shot at."

"Both me and Pablo, along with a few security people, start running toward a small channel of water, we swim away. This was all done without guns. If you have the intellect, you don't need to use weapons. If not, you have to. In this case, Netflix should provide hitmen to their people as security."

Gaviria also previously demanded $1 billion from Netflix in 2016 because they'd used Pablo Escobar's likeness and story without permission from the family. Gaviria's update on the legal dispute was also threatening, because even though he admitted that the two parties are still in discussions about the case, he added, "If we don't receive it, we will close their little show."

Even though "Narcos" Season 4 has already been confirmed, Netflix still hasn't announced its release date. If Gaviria has his way, they never will.

GREGORY WAKEMAN

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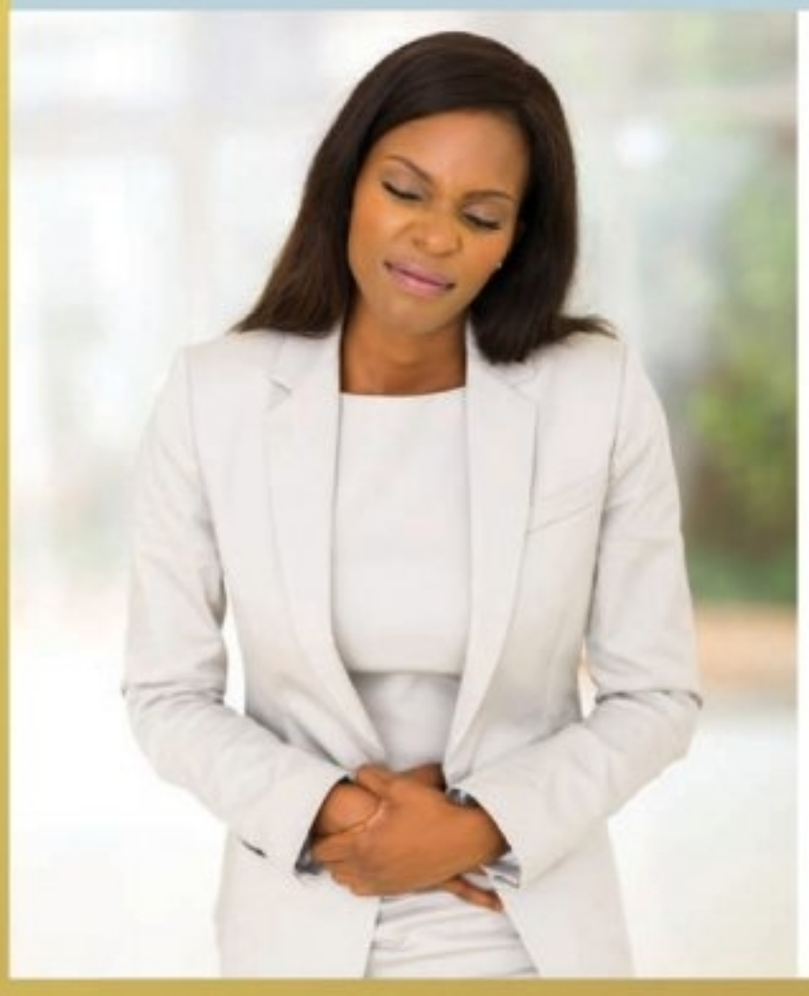

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For more information please contact Eileen at 484-380-4861 or eileen.davies@ctcphiladelphia.com

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Lust, Love, Lose

This week, Metro has put together a death-match of formidable foes, and you must choose whom to Love, Lose or Lust after. It's up to you, dear reader! METRO

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Republicans in the hot seat

President Trump

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Sen. Lindsey Graham

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Sen. Bill Cassidy

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ALL PHOTOS GETTY IMAGES

All the single ladies

Fergie

The "Fergalicious" singer admitted she split from husband Josh Duhamel earlier this year. Is she wifey material, or nah?

Gina Torres

Torres has moved on from husband Laurence Fishburne. Does she still have the whip appeal?

Rachel Bilson

An elusive Bilson made the news for no longer having a partner. Here's your chance to live those tired "O.C." fantasies out in real life!

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Let 'The Opposition' commence

"Daily Show" alum Jordan Klepper and his team of citizen journalists are ready to take on late night TV.

MICHELLE BYRON
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The gang is all here, starting tonight at 11:30 p.m. GAVIN BOND/COMEDY CENTRAL

Jordan Klepper's desk has a prop vintage microphone, reminiscent of the McCarthy era, and stacks of earmarked print outs that hint at "crazed conspiracy theorist." The background of the set for his new late-night show, "The Opposition with Jordan Klepper," which airs Sept. 25, looks very much like the barrel of a gun, which is decidedly on-brand for this show.

The studio, situated between a rundown souvenir shop and a salon called Nail & Stuff, is located on the second floor in the Grand Ballroom, an anachronistic name for a space that now opens up onto a linoleum tiled, security-enforced holding room, complete with metal folding chairs.

But through the cattle-herding-inspired audience-holding room is a happy surprise — a sleek, spacious, set with a thoughtful design — a very happy surprise. According to one Comedy Central representative, the studio was last home to Food Network's Worst Cooks in America, and Klepper's team had to work hard to upgrade not only the look of the studio, but also the smell.

A former "Daily Show" correspondent, Jordan Klepper, 38, describes how the idea for the show spawned from his work interviewing Trump supporters at rallies during the 2016 election. He became fascinated with where these supporters were getting their information and what exactly was defining their worldview.

Turns out it wasn't traditional news. "[There are] other sources like InfoWars, Breitbart, the Blaze, internet sources, Facebook feeds," he said. "Ways in which they could go into the internet and get the stories that they wanted fed back to them."

He found that those nontraditional outlets were fueling the alt-right landscape. And naturally, he wanted to shed light on this arena through comedy. "The Opposition" intends to answer the question, "What if an alt-right, anti-mainstream opportunist was given a late night talk show?"

Before you write off Klepper's induction into the white-man-hosting-another-late-night-show hall of fame, the series promises a clear idea of how it will separate itself from the ever-expanding buffet of satirical comedy shows. Its cast of characters will be sure to entertain, subvert, and enlighten their audiences.

And that's perhaps the most exciting aspect of the series: the diverse talent represented in the cast of "citizen journalists." Hailing from improv and sketch comedy backgrounds, Tim Baltz, Kobi Libii and Nicole Thurman (all from "Second City") will be joined by Laura Grey, Josh Sharp, and Aaron Jackson (hailing from "Upright Citizens Brigade"). Each citizen journalist will bring a different archetype from the alt-right to life: from fame-hungry provocateurs to thrill-seekers to beta-alpha males (a term coined by Baltz).

TL;DR: If you like laughing as the world burns, if you like Klepper's work on "The Daily Show" and want to see his character enhanced with an bigger blind spot, "a dash of paranoia and a lot of overconfidence," hold onto your guns and/or pride flags and get thee ready for "The Opposition." Maybe it's just what our country needs right now.

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5 Ways you can celebrate National Comic Book Day

Dip into the incredible culture of comics

MIKE FENN
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For decades now, comic books have kept their ever-growing readership thoroughly entertained, page after page. From deep, dark graphic novels to the latest superhero titles, comic books have broken away from a niche industry and are now a permanent fixture of mainstream American society. It's thus expected that this unique medium be celebrated with its own holiday: National Comic Book Day, on Sept. 25. Here are five great ways that you can turn an otherwise boring fall Monday into a day full of color, action, and of course great storytelling.

Visit your local comic book store.

Patronizing your local comic bookstore is an excellent way to keep abreast of your favorite titles while at the same time supporting a local business in your community! Comic book stores are colorful shops full of all sorts of titles; passionate and knowledgeable staff are always happy to recommend their favorite titles to everyone, whether you are new to comics or have been reading them forever. In center city Philadelphia alone, comic book fans

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regularly drop in on Fat Jack's Comicrypt in Rittenhouse Square, Atomic City Comics on South Street and Brave New Worlds in Old City.

Check out a comic book movie.
These days, it seems like every blockbuster movie was adapted from a comic book. Before audiences are treated to this fall's comic book movie offerings in the forms of The Justice League and Thor: Ragnarok, head on over to your local theater and catch one of the big summer 2017 titles one more time before they hit DVD and Netflix. On September 25, you can still catch Gal Gadot's electrifying portrayal of "Wonder Woman" at the AMC Loews 24 Theater in Cherry Hill, New Jersey. Additionally, Marvel's "Spider-Man: Homecoming," starring Tom Holland and Robert Downey, Jr., is still playing at United Artists Riverview Plaza Stadium 17 in South Philadelphia and at AMC Philadelphia Mills 14 in Northeast Philadelphia. Theaters in Plymouth Meeting, King of Prussia, Media, and Voorhees also continue to show the latest entry in the Marvel Cinematic Universe.

Share your fave comic. ISTOCK

Catch up on a comic book TV series.
The fall is when all of your favorite TV shows return for the 2017-2018 season and this includes the number of different comic book offerings. Thanks to Hulu and Netflix, you can catch up on such hits as Marvel's "Agents of S.H.I.E.L.D.," "Arrow," and "The Flash." Additionally, you can binge-watch several seasons of "Daredevil," "Jessica Jones," "Luke Cage," and "Iron Fist," which all culminated in the ensemble series "The Defenders" this past summer.

Share a comic.
Why keep all the fun to yourself? Either online or in person, share your favorite and even not-so-favorite titles with those around you. The bond shared over a common superhero, story arc, or even writer or artist is one that is unique and rarely shattered. Another form of sharing your favorite comics is by donating your old titles to your local thrift shop or library, so that those who might not be able to afford full-price books at comic book stores can still have a chance to fall in love with the same characters and stories that we all have.

Start your own comic.
Why not? Is there a superhero that does not exist that you wish did? Do you have an interesting life yourself? Don't wait for someone else to write it — do it yourself!

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How to use your hyperactivity to advance your career

Harness your ADD and ADHD so you can kill it professionally.

PAT KING
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Hyperactive disorders like ADD and ADHD have carried complicated stigmas. If a child is labeled with one of these syndromes, it generally brands them as the uncontrollable spaz who disrupts classrooms and pays no mind to the benefits of having a never-ending well of energy.

It's a narrative that needs some reshaping, and that is exactly what entrepreneur Peter Shankman has been doing with his popular podcast, Faster Than Normal. He has has set out to help people understand that both of these disorders "are a gift, not a curse." The success of the podcast has allowed him to write "Faster Than Normal: Turbocharge Your Focus Productivity and Success With the Secrets of the ADHD Brain," a book filled with advice for those who need it.

"When I was growing up in the '70s and the '80s, I was a public school New York City Kid and ADHD didn't exist," remembers Shankman. "It was 'sit down, you're disrupting the classroom.'"

It's a story many who have struggled with hyperactivity understand. And those who are just now joining the workforce have always lived with a negative attitude toward their Roadrunner-style attention spans.

"My weird quirks and the things that drove my mom crazy were ways of self-medicating," Shankman says. "I was the class clown, and what I was doing was working toward getting the adrenaline or serotonin that my brain craves but doesn't get because of ADHD."

He believes those who view hyperactivity as a detriment do not see it as the superpower it really is. "We can hyper-focus sharp enough to melt steel," he says, and with all of his success, it's hard to disagree with him.

But with an overactive mind, you run the risk of losing productivity or worse, developing habits that could derail your life if they are not corrected. For Shankman, the ground rules he has set for himself are "eating cleanly" and cutting alcohol out of his life.

"You have to understand what your triggers are. That's why I don't drink, because I don't have *one* drink," says Shankman. "I tell people I have two speeds: 'namaste' and 'I'll cut a b—.'"

So what advice does he have for people who may need to harness their wild energy in a constructive way? He believes that by depleting your brain of its frantic energy you can clean your slate and hone your razor-sharp focus.

"Early morning exercise for me is a given. I have to do it," he explains. But with more monotonous situations, he has other effective methods. "Before I go into a boring meeting I don't want to attend," he says, "I'll walk up the stairs, I'll do 20 jumping jacks, anything to alter that brain chemistry."

Shankman believes his book is not only for people with hyperactivity disorders but for "regular people who want to get four hours of their day back for productivity." By harnessing your restless energy, you can actualize your creativity and crush it professionally. Don't believe him? That's how he wrote this book. "This book," he says, "was written in two round trips to Asia in its entirety." With results like that, who says you need to "sit down"?

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3 Things we saw as Eagles nail 61-yard field goal to edge Giants

In an all-time great finish, the Eagles walked off with victory after a rookie kicker hit a 61-yard try.

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The Eagles ran for 193 yards Sunday, using all four of their running backs against New York. GETTY IMAGES

Rookie kicker Jake Elliott drilled a 61-yard field goal to lift the Eagles to a 27-24 win over the Giants Sunday after nearly blowing a big 14 point lead.

A solid defensive effort and running game to boot made it look like the Eagles would sail to their second win of this short season but a recipe of short passes eventually broke through as Eli Manning threw for 366 yards and three touchdowns. But somehow, the Eagles overcame a bevy of injuries to key players — including Darren Sproles and Fletcher Cox to prevail in the most dramatic of fashions.

Here's what else we saw:

1 Remembered to run

The Eagles commitment to the run was clear from early on, as the team ran the ball 13 times during a long 90-yard, 18 play scoring drive that ate 9:34 of clock. In all they acquired 193 yards on the ground with LeGarrette Blount (67 yards) and Wendell Smallwood (71 yards) leading the way.

Blount had a 17-yard run followed by an eight yard run in the first, as ironic cheers for successful Eagles running plays echoed through the Linc. Wentz also got back to scrambling, elusively scampering for a first down in the red zone to help set up a Blount one-yard score.

2 Bruised and battered defense

The Eagles played most of Sunday's game without a handful of key defensive players.

Rasul Douglas showed he belonged on an NFL roster — after not dressing in the first game the big rookie cornerback snagged a huge interception just inside the goal line on a deep Manning pass in the second quarter. A second pick came on a dynamic leap by Patrick Robinson, nabbing a pass intended for Odell Beckham Jr. and securing it after the Eagles failed to convert a field goal try on their first drive after the half.

The Eagles defense stood tough in the wake of the failed fourth down play on a questionable call by Doug Pederson. The Birds' defense held strong in the red zone, surviving two threatening drives to preserve an early lead.

3 Still sloppy

The first two drives showcased the Eagles' offensive line problems, as each saw Wentz get sacked, a short run on second and long and eventually a three-and-out.

A costly sack followed late as the Eagles went for it on fourth down just in Giants' territory — but a Wentz sack gave it back to New York with two minutes to go.

Against a lowly Giants' squad that looked like it was down 40 points, not 14, after Philly's third quarter touchdown should have led to more Eagles' offense, but the team was still not on it's A-game.

In the fourth the Giants finally found paydirt on an 10-yard touchdown toss to Beckham and added insult to injury as Zach Ertz fumbled to set up another touchdown pass to Beckham, tying things at 14. After an Eagles punt, 77 yards for Shepard gave the Giants 21 straight points and their first lead.

Philly's third horrible pass interference call led to a 41-yard Aldrick Rosas field goal to put the Giants up 24-21 with three minutes to go.

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Eagles have a new hero: kicker Jake Elliott

Jake Elliott wasn't supposed to be the Eagles' kicker this year. He actually wasn't really supposed to kick in any games. He was on the practice squad for the Bengals and until two weeks ago had never kicked in an NFL game.

On Sunday, he kicked a game-tying and game-winning field goal in the fourth quarter. The winner was a 61-yard bomb with one second left.

The celebration on the field was epic, as was the result, a 27-24 win.

"It was awesome," Elliott said. "I was running around trying not to get hurt. It's a litrle surreal. It's the life of a kicker. You have the ultimate ups and the ultimate downs."

Some Eagles players, like LeGarrette Blount, said he "knew he would make it." Others like Brandon Graham couldn't watch.

Graham saw the Eagles' defense relent 21 unanswered points and lose Fletcher Cox and Jordan Hicks to injuries in the first half. He couldn't even watch the kick.

Jake Elliott's improbably long-distance field goal makes him an instant fan favorite. GETTY IMAGES

"My head was down and I was just waiting on people to run out — if they ran out, we won and if they didn't then we had to go to overtime. When I heard people yelling and going crazy I just started running. I didn't even see him make it."

Elliott saw it go in, the longest field goal of his career (he made a 56-yarder in college) and two shy of David Akers' team record of 63 yards.

"It was all a blur to me. I just know the ball was in the air for a very long time," he said.

The kick almost didn't happen. Doug Pederson said he and the rest of the coaching staff decided that they wanted to be at the 35 yard line for field goal attempts. This one was made from the 47, after a last-second pass down the sidelines from Carson Wentz to Alshon Jeffery. Jeffery got his feet out of bounds with one second left and then Pederson called time out, deciding to go with a field goal try.

"I definitely ran over there and lobbied," Elliott said.

Elliott will likely cause a kicker controversy once Caleb Sturgis comes off the disabled list in Week 9. With two misses in two games, the rookie has plenty of baggage. But he's also a local hero — and could have just kicked his way into the hearts of Eagles fans, and a starting job.

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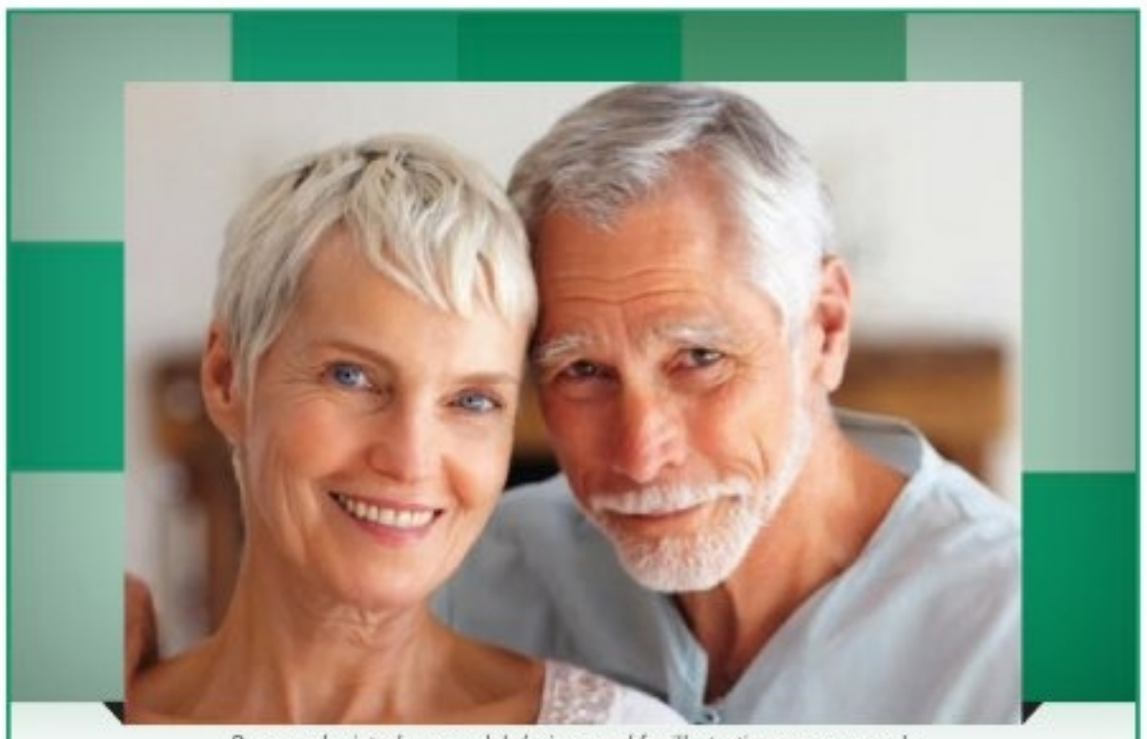
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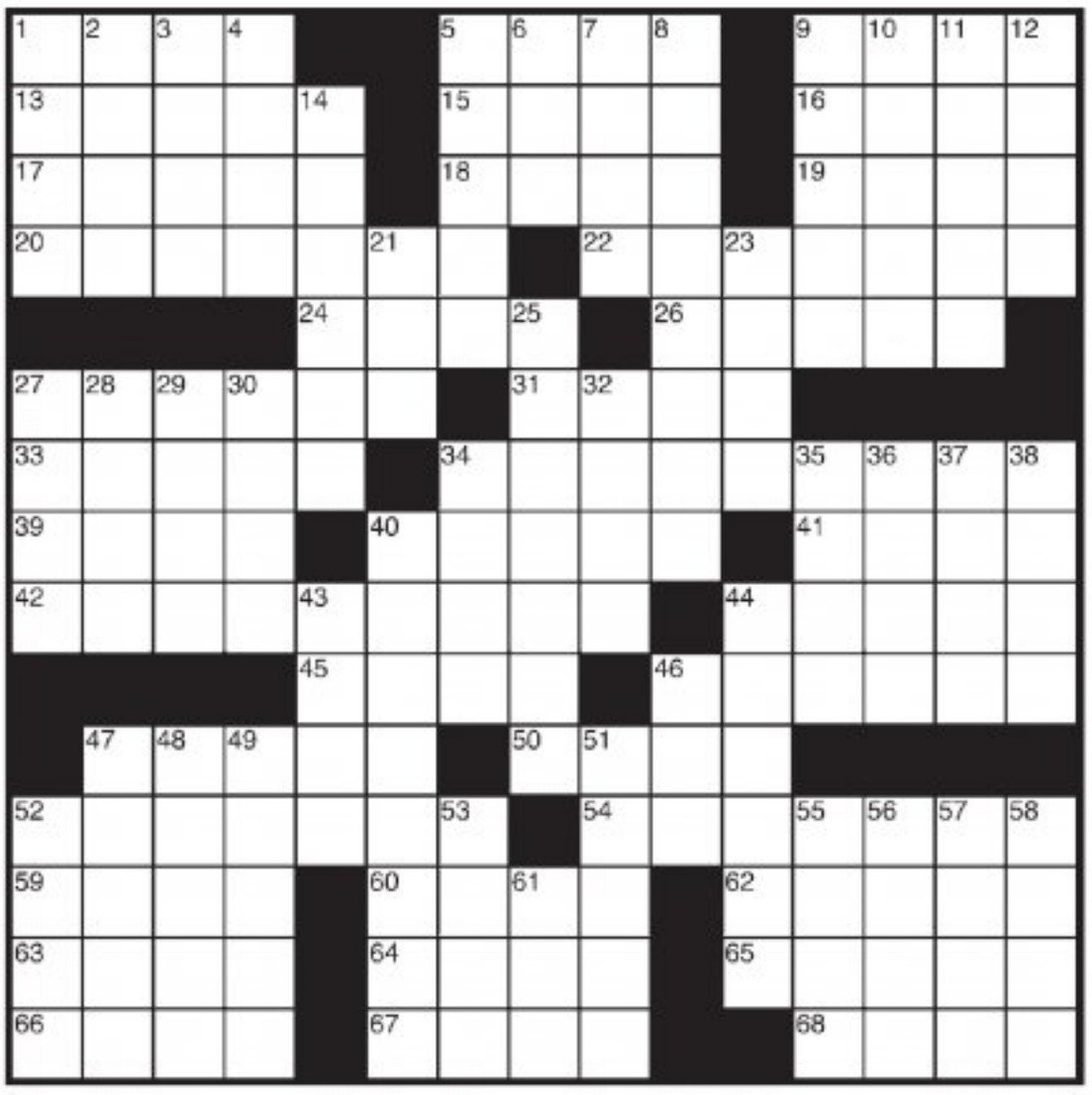
61 Montreal turndown



metro.us/sudoku

easy

5		7	4					6
	9	6			5		1	8
					9			7
	1		8			2		
	3						4	
		9			2		8	
3			5					
9	2		7			3	6	
4					6	1		5

hard

1					9	3		4
					3			6
	8	3				2	5	
	9		8	1				
	4		3	9	6		2	
				5	2		9	
	3	9				6	7	
8			2					
7		4	9					2

metro.us/horoscopes

Aries Emotional disillusionment will set in if you adopt someone else's beliefs. Don't follow anyone who claims to know it all. Make your own decisions.

Taurus Protect your assets, and negotiate on your own behalf. It's important to effectively control any financial, medical or legal matters that surface without hesitation.

Gemini Disillusionment will set in if you aren't honest about your feelings for someone. Consider your needs and think about how best to satisfy yourself and those you care about.

Cancer Work on personal growth and physical improvements. Trying to change those around you will not turn out the way you want it to. Keep your life simple.

Leo Focus on what you can do, not on your opponents or intransigent situations. Surround yourself with individuals who share similar objectives.

Virgo Deal with stressful situations openly and honestly, and take better care of your emotional and physical health. Refuse to let anyone put unrealistic demands on you.

Libra Consider your options before you make a move. Knowing the pros and cons will make it easier to forgo choices that are too risky. Good fortune comes from good decisions.

Scorpio Be imaginative and use any emotional tension you feel to create something that will bring you satisfaction. Make a promise to someone you love.

Sagittarius Be careful how you treat others and respond to them. It will be easy to get into a no-win situation. Make sure you can back up your assertions with proof.

Capricorn Think before you make an emotional decision. Now is not the time to be a follower or to take on additional debt. Financial awareness will control your stress.

Aquarius Make decisions based on facts, not on feelings. Your returns will be much higher if you think matters through and are cognizant of all your options.

Pisces Being levelheaded and willing to listen and compromise will be the best way to avoid conflict. Channel your energy into creative outlets to ease stress. EUGENIA LAST

Yesterday's answers

K	E	G	S	■	U	T	I	C	A	■	L	O	B	S
L	A	I	T	■	N	O	D	E	S	■	O	M	I	T
E	R	G	O	■	D	W	E	L	T	■	A	N	K	A
E	L	A	I	N	E	■	S	T	U	F	F	I	E	R
■	■	■	C	U	R	B	■	■	T	O	P	■	■	■
W	H	I	S	T	L	E	■	■	E	R	A	S	E	S
E	E	O	■	■	I	N	S	T	■	K	N	A	V	E
A	R	N	■	■	E	T	H	O	S	■	■	R	A	W
V	O	I	C	E	■	S	H	O	O	■	■	A	D	E
E	N	C	O	R	E	■	■	L	U	R	C	H	E	D
■	■	■	W	I	N	■	■	S	R	T	A	■	■	■
P	U	M	P	K	I	N	S	■	N	E	C	T	A	R
O	H	I	O	■	G	E	O	D	E	■	H	I	V	E
R	O	C	K	■	M	I	L	E	S	■	E	D	E	N
T	H	E	E	■	A	N	D	E	S	■	T	Y	R	O

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